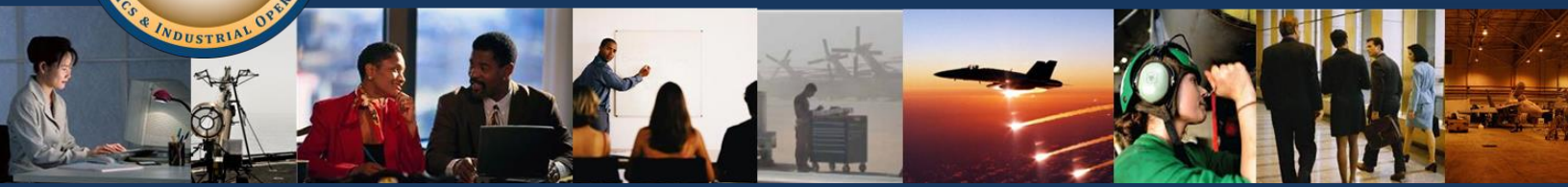




## College of Logistics & Industrial Operations



### TRAINING ANNOUNCEMENT

#### Corporate Warrior – Peak Performance Program CLIO-60-012

**Dates:** 3 through 6 February 2015  
**Time:** 0800 to 1600 (3 through 5 February)  
0800 to 1200 (6 February)  
**Location:** Southern Maryland Higher Education Center, Building II, Room 135  
44219 Airport Road, California, MD 20619  
**Instructor:** Seth Kaplan, M.Ed., Director Mental Training, Corporate Warrior Consulting  
**Cost:** No Cost

#### *Course Description:*

Corporate Warrior, like an elite soldier, is a business professional that is mentally agile, situationally aware, confident, resilient, highly adaptive, motivated, passionate, and energetic-one who adopts a philosophy of "performance excellence" and strives relentlessly to execute objectives and attain organizational goals.

This program offers workers and executives concrete tools and techniques to improve their "mental game" and enhance business results. Specifically, the program provides strategies to: gain positive momentum, establish internal control, thrive under pressure and time constraints, and executive individual and team goals.

#### *The Program covers 7 Domains:*

##### **Mental Skill Building**

- Awareness - Integrated nature of performance
- Confidence - Visualization, performance phrases, resume reflection
- Attention Control and Decision Making
- Composure - Breathing and meditative techniques
- Process drives Outcomes/Results
- Elite performance

### *Quotes from Peak*

#### *Performance Program participants.....*

*"I was looking for this  
type of training and I  
finally got it – I can't be  
more satisfied than I am  
– It changed my life"*

*"I will be a stronger  
leader with the insight  
into myself and my  
employees. I intend to  
use the tools to build  
confidence in my team."*

*"This training can change  
people's lives!"*

*"I feel empowered with  
new knowledge and  
tools to achieve peak  
performance and to  
contribute to the pursuit  
of excellence and  
success."*

*"In over 27 years of  
taking classes, this  
training really hit home.  
It was new and exciting."*

## **Mental Agility/Cognition-Emotion-Physiology-Performance (CEPP)**

- Adaptability Continuum - Rigidity to flexibility, leadership implications
- Zooming in (execution), zooming out (perspective)
- Leveraging the CEPP relationship for peak performance, mind-body wellness
- Power of Perception - Cognition drives performance chain

## **Stress Management**

- Identification of stressors
- Mental, emotional, physical, behavioral effects of chronic stress
- Impact on home life and workplace
- Chronic stress facts
- Effective stress management tools, techniques, strategies

## **Energy Management**

- Leveraging the Stress-Energy-Focus-Performance relationship
- 5-Point Energy Management Plan

## **Goal Setting**

- Preparation for effective goal setting/execution
- Identification of potential barriers to goal attainment
- Re-defining success
- Goal Setting - Personal and professional
- Goal Attainment Action Plan

## **Neuroscience**

- Previous bias against emotional brain
- New research on brain functionality
- Interdependence of Cognitive and Emotional Brain
- Academic application

## **Team Engagement - Team Engagement interactive discussion**

### ***Registration:***

To register, send an email to [Wanda.Cricchi@navy.mil](mailto:Wanda.Cricchi@navy.mil).

***Target Audience:*** Logistics Competency – Civilian Employees

### ***Participant Feedback:***

To view more feedback from the participants, visit the CLIO Connection, New and Events at

<https://myteam.navair.navy.mil/air/60/CLIO/Lists/Announcements/AllCurrent.aspx>